

*A Presentation of*

# Values based Interactive Gambling Education

[YOUR AGENCY LOGO HERE]

# MAHALO!

## A big thank you to the following:

- ▶ RoxAnne Smith for inspiring the development of this activity through her presentation at the Iowa Prevention Conference 2014
- ▶ The ADDS Gambling Treatment Staff (Michael Kaleponi - primary developer, Nicolas Foss, Megan Vance & Shelly Bohnsack)
- ▶ The Iowa Department of Public Health



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## Definition of Gambling

“Any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or ‘skill’, constitutes gambling.”

- Gamblers Anonymous



# What is Gambling Disorder?

Recognized as a primary, chronic, progressive disease of the reward and control pathways of the brain (ASAM, 2011, APA, 2013). DSM-5 classifies condition as “Gambling Disorder” ( a change from the DSM-IV TR’s “Pathological Gambling”)

To be diagnosed with gambling disorder an individual must meet four or more of nine symptoms :

Preoccupation >Tolerance >Repeated attempts at cutting back/quitting >Withdrawal  
>Gambling to relieve negative mood states >Lying >“Chasing” losses >Putting  
relationships career, job or educational opportunities at risk >Relies on others to  
provide money to relieve desperate financial situations caused by gambling

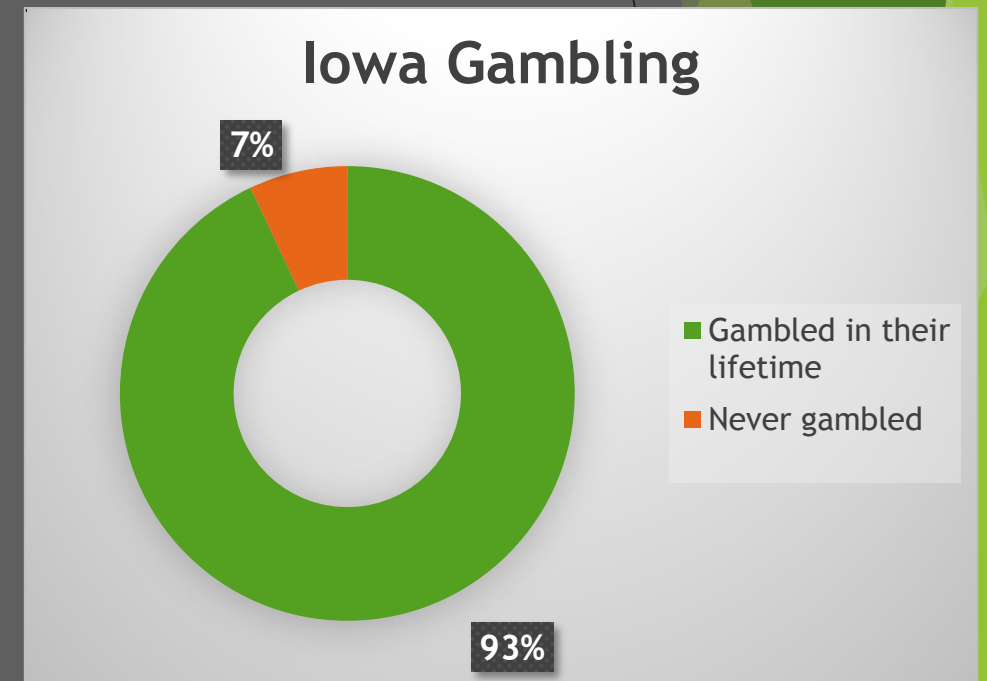
# Gambling in Iowa

## Types of Legal Gambling in Iowa

- Bingo
- Games of Skill
- Lottery
- Card Games
- Office Pools
- Dice
- Casino Games
- Raffles
- Slot Machines
- Greyhound Racing
- Sports Betting
- Horse Racing
- Online Gambling
- Stock Market

## Do Iowans Actually Gambling?

- ▶ 77.8% of adult Iowans gambled in the past year
- ▶ Between .4% and 2% (as many as 43,000 adult Iowans) have a gambling problem



# Explanation and Purpose

- ▶ This values-based exercise will help participants understand:
  - ▶ What it would be like to develop a gambling disorder and the potential impacts on what is most important to them in their lives
  - ▶ The typical choices that an individual makes when choosing to gamble
  - ▶ How gambling can progress to becoming a problem
  - ▶ The types of losses that occur
  - ▶ If unchecked, the resulting addiction that may develop.

# Instructions - Work Sheet

- ▶ **Materials**
  - ▶ Exercise Work Sheet
  - ▶ List of Values
  - ▶ Pen
- ▶ Write in the 3 most important things in your life for each category (People, Possessions, Activities, Talents) listed.
  - ▶ Place one in each empty box in any order

	<b>People</b>			
	<b>Possessions</b>			
	<b>Activities</b>			
	<b>Talents</b>			

# Instructions - Work Sheet

- ▶ Next, select 4 values from the Values List provided:
  - ▶ *Ambition, Appreciation, Commitment, Compassion, Enjoyment, Happiness, Honorable, Individuality, Independence, Love, Loyalty, Maturity, Self-control, Spirituality or Trustworthiness*
- ▶ Write one selected value to the left of the category it best applies

Love	<b>People</b>	Son	Wife	Daughter
Enjoyment	<b>Possessions</b>	Phone	House	Car
Commitment	<b>Activities</b>	Family	Work	Exercise
Appreciation	<b>Talents</b>	Parenting	Patients	Learning

# Instructions - The Story



- ▶ In a few minutes, a story about gambling will be read.
- ▶ As you listen to the story, imagine yourselves as the subject of the story.
- ▶ There are 5 separate sections or chapters to the story
- ▶ After each section you will be asked to make a decision within a specified amount of time (seconds)
  - ▶ Please make your decision before the time limit

# The Story: Section 1

*Imagine you are in 5<sup>th</sup> grade and one of your favorite things to do is play marbles with the other kids and you have been able to build quite the collection of marbles from your winnings. However, you have been told by your parents that you cannot play marbles during school because you should be doing your school work instead. One day some of the other kids tell you that they are going to sneak out back of the school to go shoot marbles. You know that you should not but you cannot stop thinking about all the marbles you could win... So you convince yourself that it is not a big deal and you decide to go with the other kids. Well as it turns out, today is not your lucky day. Not only did you lose every marble you brought with you to school but the principal found out and told each kid's parents about what they had been doing. Along with losing your favorite shooter and all your marbles, you have to go home and face your parents. Your parents scold you, send you to your room and tell you that you are going to lose one of your most important possessions.*

# Section 1: Decision

- ▶ You will have X seconds to make a decision.
- ▶ Select one possession that you will no longer have access to and place an “X” over it
- ▶ Place an “X” into any one of the triangles in the value box next to “Possessions”
- ▶ Make your selections now

Love	<b>People</b>	Son	Wife	Daughter
 Enjoyment	<b>Possessions</b>	 Phone	House	Car
Commitment	<b>Activities</b>	Family	Work	Exercise
Appreciation	<b>Talents</b>	Parenting	Patients	Learning

# The Story: Section 2

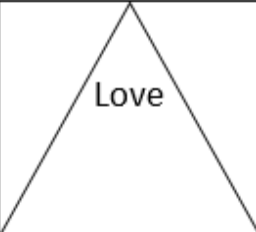
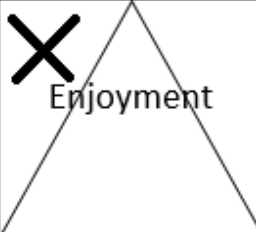



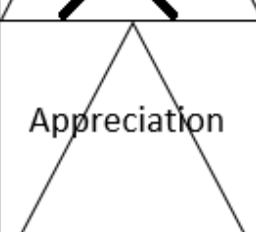
*Some time has passed since the marble incident of 5<sup>th</sup> grade and you have not thought about that for a long time. You are currently enjoying the summer between your Junior and Senior year of High school. You are working at the local grocery store, have your own car that you are paying for and are doing well in school. Of course, you still enjoy competing with your friends and on occasion gambling. One weekend your friends tell you to come over and play some poker with them, which you have done on occasion for the past couple years usually winning more than you lose. After cashing your check from work you head over to play cards with your friends. Everyone is having a good time but after a few hours you notice you have lost half of your pay check but you tell yourself “it is ok, I will just keep playing and eventually win it back”. Well as the night goes on you do not win back what you had lost, in fact by the time you head home you have lost your entire pay check and you owe one of your friends another \$20 on top of that.*

## The Story: Section 2 (continued)

*As you are driving home the gas light dings on and you realize that not only are you low on gas but your \$125 car payment is due tomorrow and you have no money. In order to avoid getting in trouble with your parents you decide to tell them that someone stole the money out of your locker at work. They believe you and cover your car payment and loan you \$20 “for food that week”, which you really use to pay your friend back. You not only lost all of your money and had to receive a bailout from your parents but you felt you had to lie in order to hide your gambling and receive help. Now you have to work even more to repay your parents so you are forced to lose 1 activity.*

## Section 2: Decision

- ▶ You will have X seconds to make a decision.
- ▶ Select 1 activity that you will no longer have access to and place an “X” over it
- ▶ Place an “X” into any one of the triangles in the value box next to “Activities”
- ▶ Make your selections now

 Love	<b>People</b>	Son	Wife	Daughter
 Enjoyment	<b>Possessions</b>	 Phone	House	Car
 Commitment	<b>Activities</b>	Family	Work	 Exercise
 Appreciation	<b>Talents</b>	Parenting	Patients	Learning

# The Story: Section 3

*Despite a few minor set backs you made it through high school unscathed. You are in your Junior year of college where you are working towards a degree in business. Currently you have your own apartment on campus and are involved in a work study program but you still rely primarily on your financial aid to get by. Your competitiveness has remained and you have really enjoyed betting on various sporting events over the past few years. In fact last year you began to develop a reputation as somewhat of a bookie. You accept cash bets from students on and off campus and you track the events and pay out to winners and collect money from losers. This has allowed you to make some extra cash and continue to gamble while still paying your bills. This year your school's football team is ranked in the top 10 in the nation and they are about to play your in-state rivals. You are accepting bets from more people than you ever have before. Of course with that much attention word is bound to get around. In fact the school finds out about your bookmaking hobby and you are about to be in some serious trouble...*

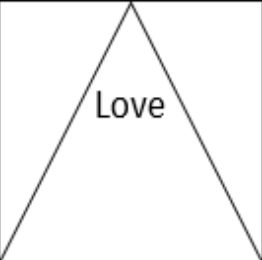
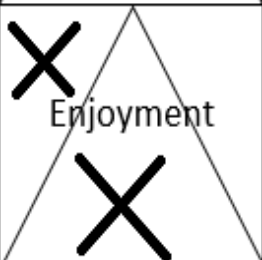


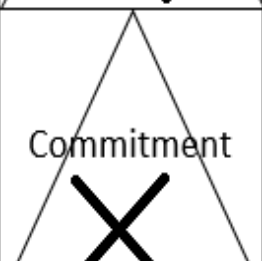

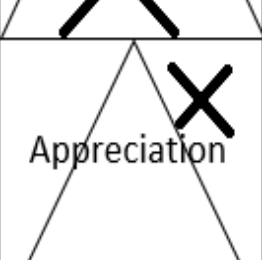

# The Story: Section 3 (continued)

*Campus security searches your apartment and confiscate \$7,000 in cash, some of which is your own money for living expenses. You are scheduled to meet with the Dean of students and are told that you face possible criminal charges. Along with this your financial aid requires you to be in good standing with the university so your education is also in jeopardy. The dean informs you that because of your academic success so far you will be allowed to remain in school on academic probation until you graduate and the police will not be involved at this time. You are relieved but one problem still remains, you no longer have enough money to pay your bills for the month. This means that you have to call your parents to explain the situation to them and ask for another bailout. You manage to hide the fact that you are on probation and tell your parents that you made a mistake that will not happen again. Your parents believe you and send you the money to cover your bills for that month.*

*Once again you had to lie to your parents, this time to hide some of the damage caused by your gambling and you had to receive another bailout from your parents. This requires you to work even harder to stay in the good graces of your school and your parents which in turn costs you 1 possession and 1 talent.*

## Section 3: Decision

- ▶ You will have X seconds to make a decision.
- ▶ Select 1 possession that they will no longer have access to and place an “X” over it
- ▶ Select 1 talent and place an “X” over it
- ▶ Place an “X” into any one of the triangles in the value boxes next to “possessions” and “talents”
- ▶ Make your selections now

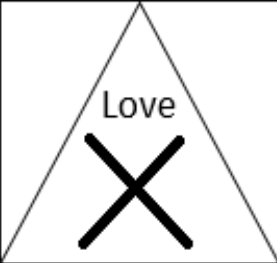

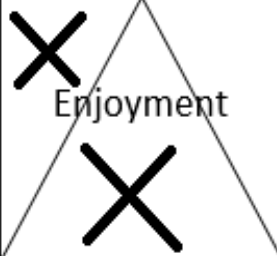





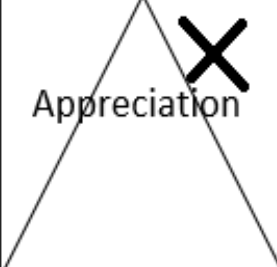

 Love	<b>People</b>	Son	Wife	Daughter
 Enjoyment	<b>Possessions</b>	 Phone	House	 Car
 Commitment	<b>Activities</b>	Family	Work	 Exercise
 Appreciation	<b>Talents</b>	Parenting	Patients	 Learning

# The Story: Section 4

*You were able to graduate from college with your degree and without any further incidents. However, you have continued to gamble and it has really started to effect your everyday life and especially your work. Over the past few years you have not been able to stay at a job for longer than 6 months because you either miss too much work or your performance starts to fall bellow company standards. In order to keep anyone from finding out about your problem you simply quit before you are fired and tell your friends and family that the job was no good for your or that you want something more. You spend most of your time either gambling or thinking about gambling and not much else is important to you. You have been missing family get-togethers and outings with friends so you can gamble. You just quit your last job for getting in the way of your gambling and this required you to ask your family for help with the bills. Your family is concerned about your lack of contact unless you need money and with you constantly switching jobs. This behavior has lead to emotional, financial and now even family problems so now you are forced to give up 1 person and 1 activity that is important to you.*

## Section 4: Decision

- ▶ You will have X seconds to make a decision.
- ▶ Select 1 person that they will no longer have access to and place an “X” over it
- ▶ Select 1 activity and place an “X” over it
- ▶ Place an “X” into any one of the triangles in the value boxes next to “people” and “activities”
- ▶ Make your selections now

	<b>People</b>	Son		Daughter
	<b>Possessions</b>		House	
	<b>Activities</b>	Family		
	<b>Talents</b>	Parenting	Patients	

# The Story: Section 5

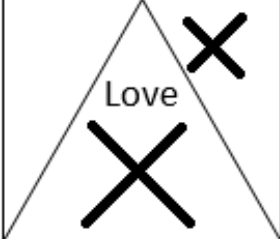


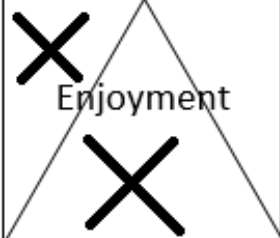









*After several years of jumping from job to job you find a position as the assistant manager of a local retail store. You feel that this job is perfect, you have an hour for lunch which is more than enough time to place some bets and you are off by 5 which means you can be home in time to watch most of the games you bet on. This has worked well for you and you have been able to maintain your work and you have started going to the casino on Sundays since you do not work. One Saturday as you are closing the store the manager asks if you can take the deposit since she has some where to be. You agree and as you are driving to the bank you start to think about how much money is in this bag you have. You imagine how much you could win if you used that money and of course you would put back what the store owns. This time you take the deposit to the bank and go home. Next week you tell your manager that you can take the deposit since you will be going by the bank anyways. Your plan is to take the money to the casino on Sunday and when you win return the store's deposit to the bank before it opens on Monday. This works great the first time and no one notices so you decide to keep doing it.*

# The Story: Section 5 (continued)

*This goes on for about a month and every time you are able to at least win back the deposit and then turn it in to the bank. However, the next time you try this you lose and you keep losing, then you take money off your credit card to try and win it back but you lose that too. You do not know what else to do so you overdraw your account to get more money but you lose that too. You realize that there is nothing left for you to do and of course on Monday the store you work for realizes that their deposit did not make it to the bank. You are charged with embezzlement, you have more credit card debt than you can handle and you owe your bank for taking out money you did not have. Now your family and friends know about your problem and begin to see that you have lied to them for years while taking their money. This results in you losing 1 person, 1 activity and 1 talent.*

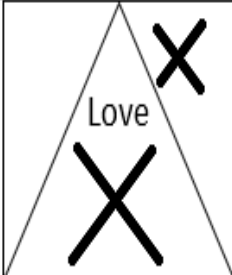



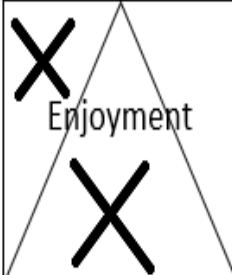







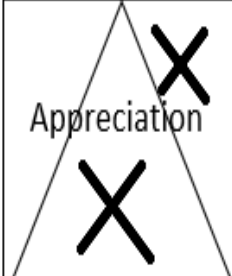


## Section 5: Decision

- ▶ You will have X seconds to make a decision.
- ▶ Select 1 person, 1 activity, and 1 talent and place an “X” over them
- ▶ Place an “X” into any one of the triangles in the value boxes next to “people”, “activities” and “talents”
- ▶ Make your selections now

 Love	<b>People</b>	Son	 Wife	 Daughter
 Enjoyment	<b>Possessions</b>	 Phone	House	 Car
 Commitment	<b>Activities</b>	 Family	 Work	 Exercise
 Appreciation	<b>Talents</b>	Parenting	 Patients	 Learning

# Instructions

- ▶ Once you have crossed off the necessary items and placed an “X” into the appropriate values triangles switch worksheets with your neighbor, so that no one has their own worksheet
- ▶ In real life, we often don’t get to decide what we lose or keep.
- ▶ So now someone else will decide for you what two items you get to keep to begin to rebuild our lives and start the recovery process
- ▶ On the worksheet in front of you, circle 2 items that you will allow the person to keep

	<b>People</b>			
	<b>Possessions</b>			
	<b>Activities</b>			
	<b>Talents</b>	Parenting		

# Check In and Discussion

- ▶ Hand the work sheet back to the facilitator.
- ▶ Questions:
  - ▶ What do you see?
  - ▶ What did you feel?
  - ▶ How are you feeling now?
  - ▶ What do you want to do next?
  - ▶ What struck you the most about this exercise?
  - ▶ What opportunities were there to provide help to you during the story?

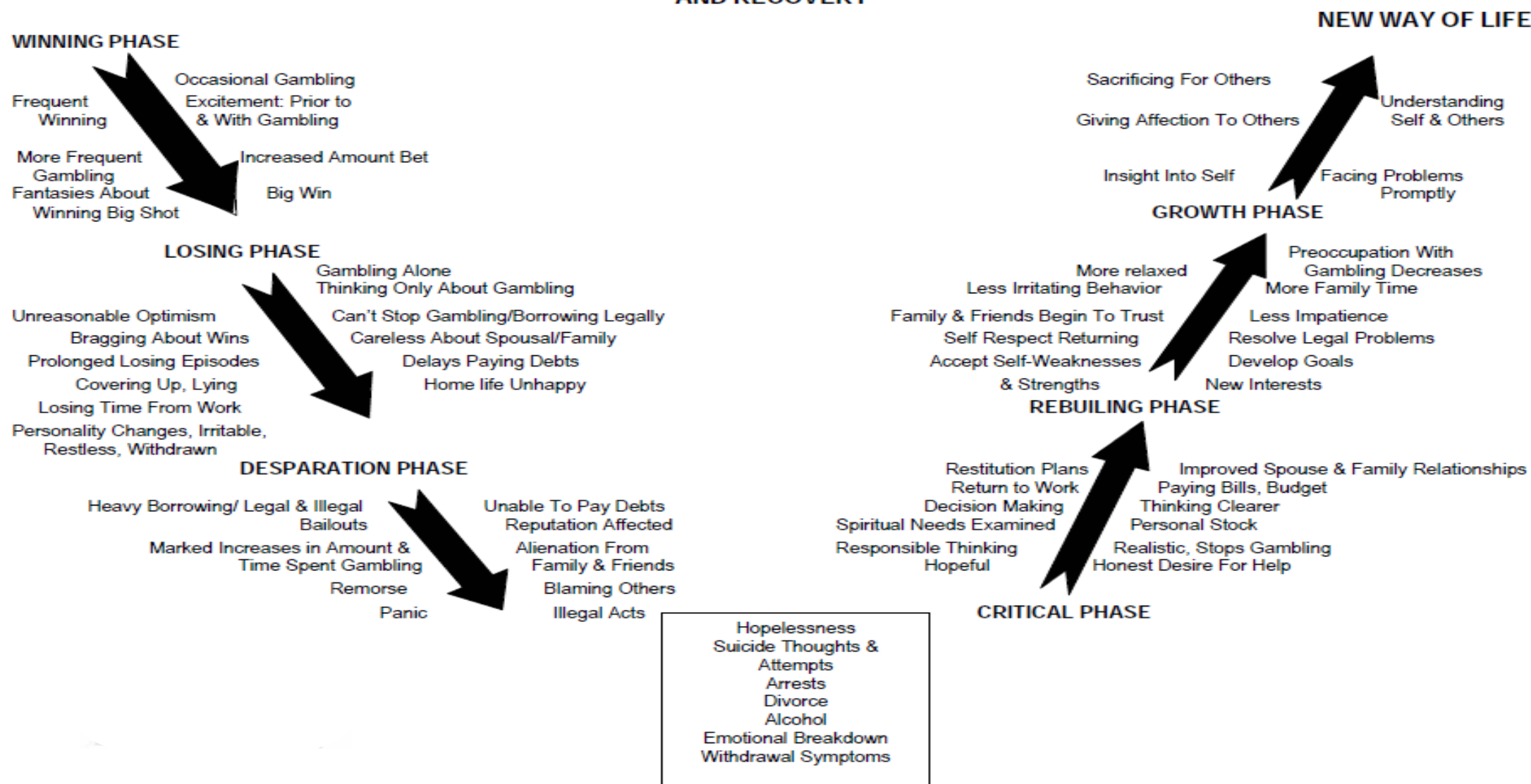


# Recovery - There are Options!

- ▶ There are three stages of gambling disorder
  - ▶ The Winning Phase
  - ▶ Losing Phase
  - ▶ Desperation Phase
- ▶ There are three stages of recovery
  - ▶ Critical phase
  - ▶ Rebuilding phase
  - ▶ Growth phase.

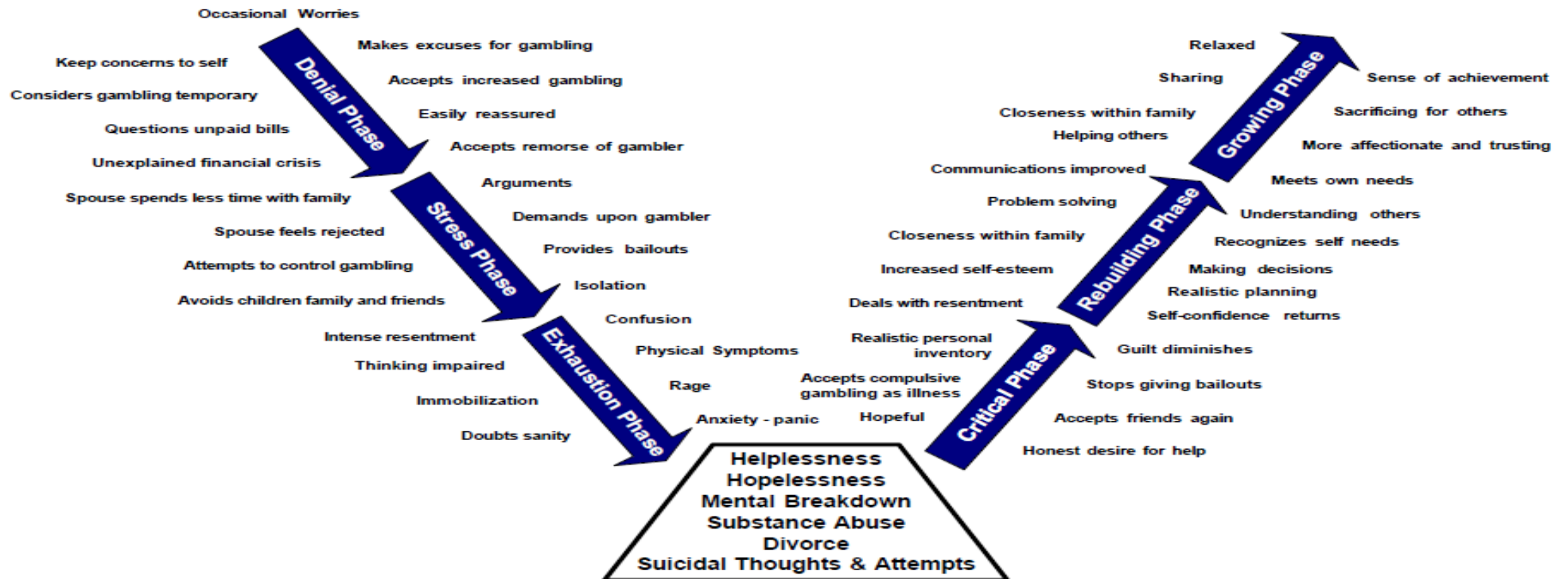
# Recovery - There are Options!

## A CHART OF COMPULSIVE GAMBLING AND RECOVERY



# Recovery - There are Options!

## A Chart on the Effects of Compulsive Gambling on the Spouse



# Recovery - There are Options!

- ▶ While gambling disorder is devastating to the individuals that suffer from it (concerned significant others as well), RECOVERY is possible.
- ▶ Individuals can and do RECOVER.
- ▶ Most find that using a variety of recovery supports helps to build long term recovery, including:
  - ▶ Problem Gambling Treatment specialists
  - ▶ Self-help groups (e.g. 12 Step programs, Celebrate Recovery, etc.)
    - ▶ Gamblers Anonymous Phone Meeting:
      - ▶ Wednesdays 8pm-9:30pm CST (559-726-1300, PIN 611704 #)
  - ▶ Brief interventions with a care provider
  - ▶ Medication assisted treatment

# Resources

For help or information about problem gambling for yourself or someone else (24 hours a day/365 days a year):

- Call 1-800-BETS OFF
- Visit [www.1800BETSOFF.org](http://www.1800BETSOFF.org)

Or contact your local Iowa Gambling Treatment Program which can be found at:

- [http://www.idph.state.ia.us/webmap/default.asp?map=gambling\\_treatment](http://www.idph.state.ia.us/webmap/default.asp?map=gambling_treatment)



# THANK YOU!

Thank you very much for your time, consideration and participation

If you have any questions or comments please feels free to use the contact information listed below

[NAME OF PRESENTER]  
[NAME OF ORGANIZATION]  
[CONTACT INFORMATION]  
[YOUR AGENCY LOGO HERE]

**1-800-BETS OFF**

**IOWA GAMBLING TREATMENT PROGRAM**

# References

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